

Kinesiology: Exercise Science, B.A.

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This is a sample plan of study with a suggested sequencing of classes for the major. University electives may be applied to earn additional academic majors, minors, or certificates. Students should regularly meet with their academic advisor to plan their specific semester schedule to include UNIFI/General Education program and/or university elective hours required.

Course	Title	Hour
Freshman		
Fall		
UNIFI/General Education or University Electives		15
Hours		15
Spring		
UNIFI/General Education or University Electives		15
Hours		15
Sophomore		
Fall		
KINES 2053	Physical Activity and Nutrition	3
UNIFI/General Education or University Electives		13
Hours		16
Spring		
KINES 2050	Anatomy and Physiology of Human Movement	3
UNIFI/General Education or University Electives		12
Hours		15
Junior		
Fall		
AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2056	Motor Learning and Development	3
Exercise Science Elective		3
UNIFI/General Education or University Electives		8
Hours		16
Spring		
KINES 3153	Exercise Physiology	3
KINES 3163	Career and Professional Development	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3154	Psychological Skills for Sport Participants	3
UNIFI/General Education or University Electives		4
Hours		16
Senior		
Fall		
KINES 3156	Fitness Assessment and Exercise Prescription	3
KINES 3151	Biomechanics	3
KINES 3157	Sports Nutrition	3
UNIFI/General Education or University Electives		6
Hours		15
Spring		
KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3197		3

Exercise Science Elective	3
UNIFI/General Education or University Electives	3
Hours	12
Total Hours	120